Ben Curry Ruled Out of Autumn Internationals After Surgery

Ben Curry is set to miss England’s Autumn Internationals after undergoing surgery to repair a persistent hamstring issue that had been limiting his ability to compete for a Test place. The Sale Sharks flanker now faces approximately six weeks on the sidelines as he continues his recovery and works toward full fitness.

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The procedure is expected to enable Curry to finally train at full intensity without the recurring threat of having to withdraw from sessions or matches due to flare-ups of the same problem. The operation on his hamstring should allow Curry to resume complete training without the risk of further setbacks that could force him out of upcoming fixtures.

The decision was made collectively by the player, Sale Sharks director of rugby Alex Sanderson, and England head coach Steve Borthwick. Borthwick had previously included Curry in the 25-man Elite Player Squad before the season began, and with the Autumn Internationals approaching, he can now plan to have the flanker fully prepared and available in time for the Six Nations Championship.

It also means Sale will likely have Curry back for their Investec Champions Cup matches once he completes his rehabilitation. Sanderson explained: Ben has suffered the way and will not be featuring for us immediately because it is quite a

substantial operation. They have separated the muscle, removed the stitches from his previous surgery, and now it’s a matter of allowing the area to heal properly.

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Autumn Internationals 2025: Sanderson Backs Curry’s Decision to Prioritize Surgery and Recovery

That could take anywhere between three and six weeks. I spoke with Steve when it was still a possibility, and in the end, Ben decided, quite rightly, that he couldn’t perform at the standard he wanted to. He continued, Ben felt restricted; he couldn’t prepare and train as he needed to. He explained that he required the operation, and Steve and I fully supported that choice.

It was handled professionally by everyone involved. There had been a physical limitation even during light training sessions early in the week, often forcing him to withdraw midway through. Realistically, he couldn’t have competed well at the international level if his body wasn’t able to cope with the demands and workload that elite rugby imposes, mainly with the Autumn Internationals 2025 on the horizon.

Sanderson added that pushing through the pain would likely have damaged Curry’s long-term prospects with England, particularly considering the intense competition in the back row. It wouldn’t have helped his England career, he said, because of the

extremely high level of competition in that position. Ben wasn’t happy after matches because he knew he wasn’t producing his best performances.

It became a cycle that felt endless and unmanageable, especially in terms of how he could structure his training week. Meanwhile, Ben’s twin brother Tom Curry is gradually returning to training following a surgical procedure on his wrist earlier in the year. Tom is expected to continue building up his workload when he joins England’s training camp ahead of the November Autumn Internationals fixtures.

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England Vs Fiji: Ben and Tom Curry Central to England’s Future Plans

He will be vacant at some stage during the autumn, Sanderson confirmed, stating optimism about Tom’s progress. The twin brothers remain central figures in Borthwick’s long-term plans as England look to refresh their squad ahead of the 2025 international calendar. Both have borne lengthy spells on the sidelines due to injuries, but are still held as key gears in England’s dynamic and physical forward pack.

Ben’s enforced absence from the Autumn Internationals is certainly a setback for both England and Sale Sharks. His wary intensity, breakdown work, and leadership abilities have made him one of the Premiership’s most reliable flankers in recent seasons. With key fixtures such as England vs Fiji approaching, his absence will be felt as Borthwick looks to keep balance and stability within the squad.

However, with player welfare increasingly prioritized, the decision to proceed with surgery is viewed as the right call to ensure his full recovery ahead of next year’s Six Nations. Curry’s determination to resolve the issue rather than play through the pain highlights a growing trend among international players who are placing long-term fitness above short-term availability.

England’s medical staff are expected to monitor his growth closely, and early signs suggest that the operation has been a success. If all goes to plan, Curry could return to action in late December, just in time to regain match acuity before England’s 2025 campaign ramps up. Sanderson settled. It’s poor to lose someone of Ben’s caliber for a few weeks, but this break will ultimately benefit him and the team.

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